**Member Health Commitment Statement – Wave Leisure Trust**

At Wave Leisure, we understand that our members have different needs and choose to use our facilities in different ways. We strive to keep our facilities innovative and current, and consistently add to our equipment and available activities ensuring that our facilities are safe and maintained to the highest standard.

Our members will all have their own individual levels of experience and knowledge when it comes to exercise and each have responsibility for their own health. Exercise always carries its own risks.

For these reasons we do not enforce a formal Induction appointment is completed on our equipment prior to use of the relevant facility. Each of our members will have the choice as to which level of instruction and support they receive, and when, depending on their individual needs. Our professional teams are available at all times to advise on any questions our members may have and our fitness teams and personal trainers are available to book demonstrations on equipment use and advise on relevant and safe training plans.

With this in mind we ask all members to declare their commitment to using any of our facilities at Wave Leisure Safely.

As a member, you must:

1. Only use equipment you know how to use safely. If you need assistance or are unsure, seek advice from one of our team.
2. Ensure you make yourself aware of any rules and instructions for use of any equipment. This includes following and adhering to all warning notices and engaging any safety features prior to use.
3. Exercise carries its own risks. Exercise only within your capabilities and take care of your personal safety. You should not carry out any activities which you have been told are not suitable for you.
4. Tell us if you have a medical condition which may impact on your ability to exercise safely. Our teams can help devise an exercise programme which is appropriate for you. You should also consult your GP prior to exercising.
5. Let a team member know if you feel unwell whilst exercising. We have first aid trained staff and equipment on site at all times to help.
6. If you are new to the gym and exercise we encourage you to book your welcome appointment with one of our team so we can ensure you have a safe and enjoyable programme to get you started.
7. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.
8. Agree to take responsibility for your own wellbeing during unstaffed hours.
9. Comply with The Government Guidance on social distancing and other requirements during the COVID-119 Pandemic, to protect you, other customers, and members of staff. A copy of The Government Guidelines can be found here: <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

By checking the box and continuing to purchase your membership, you are declaring that you will follow the above guidelines at any Wave Leisure Facility.